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NEWS WORTH SHARING.



Dating: In real life

How to chat up a stranger in the real world. Page 16

Don't be hard-headed about helmets: Doc



A pair of adult skaters wearing helmets make their way around the Emera Oval on Monday.
JEFF HARPER/METRO

Emera Oval.

Doctor says everyone should sport one, but municipality doesn't make it mandatory



HALEY RYAN
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There have been 30 injuries on the Emera Oval this season, and while fewer than half are head-related, a Halifax doctor says the best idea is still to wear a helmet.

Dr. John Gillis said he is a "big fan" of everyone wearing helmets while skating but said he would have to see how often serious head injuries were occurring before calling for a mandatory helmet rule at the popular outdoor skating surface.

"I know a lot of people hate that, but when you're talking about serious injuries that can have a long-lasting impact on people's lives ... then it can be reasonable," Gillis said.

"People think of skating as a little more benign, but people can trip you, something can happen."

Last Saturday, a woman who wasn't wearing a helmet on the oval slipped and apparently hit her head on the ice while skating.

She remained on the ice for several minutes until an ambulance took her to hospital with a suspected head injury.

Right now, only children 12 and under must wear a helmet while skating, but Gillis said it's important to let residents know there are

that can kill you," Gillis said.

Jen Nagle, an aquatics specialist for HRM, said the Oval opened this year on Dec. 18 and the 30 injuries that have been reported included three ambulance calls, resulting in one person breaking their shoulder, another hurting their knee and a third hitting their head on the ice.

"It hasn't been anything life threatening," Nagle said. About "less than half"

Quoted

"Is one injury too many? It may be that it is, it's just I always like to start with education."

Dr. John Gillis about head injuries and why people should wear helmets when skating

plenty of adult and kid helmets the Oval provides for free.

Education is an important step to preventing injuries, Gillis said, since someone who hits their head could risk anything from a bump and concussion to more serious, and potentially fatal, brain injuries.

"You do hear stories of people falling ... hitting their heads and causing bleeding in the brain, and

of the accidents were head injuries, Nagle said, while the majority were twisted ankles, cut fingers or other more minor incidents in which the person was still mobile.

She said the municipality looks at the helmet policy every year, and a string of serious head incidents would definitely make the city examine the current situation and see if it should be changed.



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Packed ice creates cleanup headache following storms

Weather. Nearly 56 centimetres of snow, accompanied by rain and freezing rain, has fallen since Feb. 1



RUTH DAVENPORT
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The city's superintendent of winter works says service standards haven't been met on most of HRM's snow-removal routes, but financial penalties may not be imposed on outside contractors in light of the "challenging" weather conditions.

"I'd say we wouldn't necessarily be ruling out assessing liquidated damages," said Darrin Natolino on Monday, referring to those penalties. "We have to weigh the conditions and realize what would be a reasonable expectation."

Nearly 56 centimetres of snow, accompanied by rain and freezing rain, has fallen in Halifax since Feb. 1, leaving the city encrusted in hard-packed ice.

Natolino said meeting the service standards just hasn't been possible and imposing financial penalties on contractors may not be reasonable.

"I was watching machines with blowers (Sunday), and they're moving ahead at a snail's pace," he said. "It was a game of inches with that hard-packed, frozen ... it was sloppy snow at one point, and it's just frozen over."



A pedestrian walks down a mostly clear Gottingen Street on Monday. The city's superintendent of winter works says service standards haven't been met on most of HRM's snow-removal routes, but financial penalties may not be imposed on outside contractors in light of the "challenging" weather conditions.

JEFF HARPER/METRO

Quoted

"Cities can handle 20 centimetres on a Monday, 30 centimetres on a Wednesday, 15 on a Saturday, 30 on a Monday, and you can just go out and remove the snow. This ice is impossible to deal with."

Mayor Mike Savage

The average monthly snowfall for Halifax in February is 45 centimetres, and Natolino said getting more than that in a week, accompanied by rain and freezing rain at rush hour, meant

there was little that the winter works "arsenal" of tools could do.

"A week ago today ... I could have doubled or tripled the number of snow plows out there and still

would have had plow trucks idling in traffic," he said. "There's not much that could change the impact of that."

The city's call centre has logged thousands of snow-related calls for service, and city councillors say they've been besieged with complaints about snow-removal efforts, but Mayor Mike Savage said Monday the crews deserve credit for handling an unprecedented mess.

"I know that in my own driveway, in my life I've

never seen the mess it is today," he said. "We've been out hacking away at it, and I'm a perfectionist when it comes to the driveway. It is a mess."

A release from the city issued Monday states that additional equipment has been brought in to try to clear the remaining pack ice.

Any sidewalks not meeting service standards will be the focus of snow-removal efforts over the next 24 hours.



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Officials confirm student's death linked to meningitis

Health. Sarah Hastings was in her first year at Acadia University

A university student in Nova Scotia who died after becoming rapidly ill had an increasingly common strain of bacterial meningitis, health officials said Monday.

Dr. Robert Strang, chief public-health officer, said the National Microbiology Laboratory in Winnipeg determined that the young woman had the B strain of the meningococcal disease.

Strang said the finding allows them to provide the right vaccine to the woman's contacts, many of whom had received preventative antibiotics after her death.

"This will give them long-term protection," he said.

None of the people who were determined to be close contacts has shown any signs of illness linked to meningitis, he added.

Other death

On Feb. 2, Grade 10 student Rylee Sears of Sackville High School died from meningococcal meningitis. These recent deaths come as the first two meningitis fatalities in the province within a decade.



Sarah Hastings CONTRIBUTED

The woman was taken on Jan. 31 to the emergency department at the Valley Regional Hospital in Kentville, near Wolfville where she was studying at Acadia University.

The university said in a statement that Sarah Hastings of Cambridge, Ont., was a first-year student in the Manning School of Business Administration.

Strang said at the time that she was already in critical condition and died the following day in hospital, despite being given antibiotics.

He said it's not clear how she contracted the disease but

said people can be carriers before becoming ill.

The finding also rules out any link to the death of a Halifax high school student, who had the Y strain of meningitis.

Strang said meningococcal B is becoming more common than the C strain since people are being vaccinated against the latter. He said Nova Scotia is looking at adding the B vaccination to its publicly funded program for people with certain conditions that might put them more at risk.

"It's always an issue about making the case within governments for funding," he said. **THE CANADIAN PRESS**



Dr. Robert Strang, the province's chief public-health officer, updates the media last week after meningitis claimed the life of an Acadia University student. JEFF HARPER/METRO FILE

McNeil to speak at chamber luncheon



Stephen McNeil
JEFF HARPER/METRO

The Halifax Chamber of Commerce will present Premier Stephen McNeil as the main speaker during a Wednesday event as his Liberal government nears the middle of its mandate.

McNeil is set to speak to the chamber for the second year in a row as part of its Distinguished Speakers Series of

luncheons.

The premier is expected to speak at 12:50 p.m.

"The chamber is looking forward to hearing the premier's plans in response to the Ivany and Broten reports," said president Valerie Payn in a release.

"The closer we get to the next election, the more diffi-

cult it will be for the premier to make the tough, yet necessary, political decisions. The time to act is now."

The Halifax Chamber of Commerce has said it is committed to realizing the city's potential to be among the top three highest-growth economies in Canada by 2018.

METRO

Politics

Budget expected in coming session

This spring session of the legislature is expected to include a budget for the 2015-16 fiscal year.

The province released a slimmed-down capital spending plan in December that will be tabled during this session.

The government says it intends to spend \$490 million on highways, schools, hospitals and equipment in the next fiscal year. It is the smallest capital budget in seven years.

The province is operating with a projected budget deficit of \$220.6 million for 2014-15, and the government has said it needs to restrain spending.

THE CANADIAN PRESS

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Brandon Vuic. Trial set on impaired driving charges

Halifax Mooseheads forward Brandon Vuic is set to appear in court for trial this October on charges including impaired driving and cocaine possession related to an accident last fall.

On Monday morning, Vuic's lawyer appeared on his behalf in Dartmouth provincial court and submitted not-guilty pleas to three charges of having a blood alcohol content over .008, impaired driving and cocaine possession.

Chris Hansen, spokeswoman for the Public Prosecution Service, said Vuic's trial is set for Oct. 27. The 19-year-old forward is facing charges in connection with an incident where police say someone drove into a parked car on Oct. 7 at about 10:50 p.m. on Freshwater Trail.

Metro has learned the



Brandon Vuic JEFF HARPER/METRO

parked car was heavily damaged and an empty liquor bottle was allegedly found in Vuic's vehicle.

Following the incident, the Mooseheads suspended Vuic for three weeks before he returned to the lineup on Oct. 24. **HALEY RYAN/METRO**

Dartmouth. Car lands on roof after hit-and-run

Police in Halifax are investigating a hit-and-run accident between two vehicles which left one car flipped over onto its roof.

On Sunday evening, Halifax Regional Police responded to a call in Dartmouth at the intersection of Portland Street and Carver Street where one vehicle failed to stop and collided with another, leaving the first vehicle flipped over onto its roof.

The second vehicle then

fled the scene.

Police say the driver of the flipped vehicle was transported to hospital by paramedics and sustained non-life-threatening injuries.

The vehicle that fled the scene is described by police as a white or light-coloured Grand AM and was last seen travelling west on Portland Street.

Police say the car likely sustained front-end damage from the accident. **METRO**

Gottingen St.

Police arrest masked man after robbery at bar

Police say a man wearing a mask and who claimed to be armed robbed a bar in Halifax on Sunday night.

Just before 10:30 p.m., police say a man walked into the Menz and Mollyz Bar at 2182 Gottingen St., claimed to have a weapon, and demanded money.

The man was given some cash from the business by a female employee before fleeing the scene. The suspect was located a short time later and taken into police custody where he is expected to face charges.

The female worker wasn't injured, police say. **METRO**

Highway 104 crash

Police identify man who died in Halifax hospital

Police have identified a man who died in a Halifax hospital from injuries suffered from a three-vehicle accident. Around 11 a.m. Friday, police say two cars and a transport truck crashed on Highway 104 near Exit 37 in Monastery, Antigonish Co.

A 48-year-old man from Sydney, identified as Brian Glen Dove, was driving one of the cars and was airlifted to the QEII hospital in Halifax where he died. Two women in the second car were taken to hospital with non-life-threatening injuries. The driver of the transport truck wasn't seriously hurt. **METRO**



Daniel Wayne Surette arrives at provincial court in Kentville on Monday for the start of a preliminary hearing. **ANDREW VAUGHAN/THE CANADIAN PRESS**

Preliminary hearing begins in homeless man's death

Berwick. Two men charged with first-degree murder

Vigil

In the days that followed Harley Lawrence's death, a candlelight vigil was held in his memory at the bus shelter where he was found dead. People in the town said Lawrence was often seen sitting outside the local Tim Hortons or wandering down the street with his belongings in a large plastic bag.

A preliminary hearing began Monday for the two men charged in the death of a 62-year-old homeless man in Nova Scotia.

Daniel Wayne Surette and Kyle David James Fredericks are charged with first-degree murder in the death of Harley Lawrence. He was found in a burned-out bus shelter in October 2013 in Berwick, a small town in the Annapolis Valley about 120 kilometres northwest of Halifax.

Police have released few

details about the case, including how Lawrence died.

A publication ban is in effect for the preliminary hearing in Kentville provincial court. But defence lawyers for both men have said previ-



Kyle David James Fredericks arrives at provincial court. **ANDREW VAUGHAN/THE CANADIAN PRESS**

proceed with a second-degree murder trial, but they plan to contest the Crown's argument there is sufficient evidence for a first-degree murder trial.

Family members of the late Harley Lawrence, as well as family members of the two accused, Surette and Fredericks, were on hand on Monday.

Judge John MacDougall is presiding over the inquiry. He granted a request from Crown Jim Fyfe for an order excluding witnesses yet to give testimony from the courtroom.

A number of Crown witnesses took the stand on Monday morning. Security going into the courtroom was not as tight as in the past.

THE CANADIAN PRESS AND KING'S COUNTY REGISTER

ously in court that they accept there is sufficient evidence to

Police seek clues in cold case

This week marks the 10th anniversary of the murder of Danny DiBenedetto, a father and businessman who was shot and killed in his Bedford home. On Feb. 8, 2005, Halifax Regional Police responded to a shooting at a Dartmoor Crescent home where they found 36-year-old DiBenedetto suffering from several gunshot wounds.

DiBenedetto was shot several times by three sus-

pects described by police as three black males wearing ski masks. DiBenedetto's wife and baby son were in the home at the time of the shooting.

DiBenedetto was rushed to the hospital where he died later that night.

"The investigation is ongoing but it remains unsolved," Halifax Regional Police spokesman Const. Pierre Bourdages said about the now

cold case. "We are still looking for any information that would allow us to progress (forward)."

No suspects have ever been arrested at this point in the investigation.

The provincial Justice Department is offering rewards of up to \$150,000 for information that might lead to the arrest or conviction of those responsible for the murder.

SYDNEY JONES/FOR METRO



Danny DiBenedetto
COURTESY HALIFAX REGIONAL POLICE

Man reconnects with stranger who saved him from suicide

'Pivotal point.' Toronto man launched a social media campaign to try to locate N.S. man who saved his life in 2002

Quoted

"He's come so far, he looks great, healthy and happy. It's the complete polar opposite of the face I saw that night on the bridge.... He's doing great things."

Mike Richey of Mark Henick

In 2002, when Mark Henick stood on the edge of a Cape Breton overpass and let go, a stranger reached out and saved him from taking his own life.

Last week, after launching a social media campaign to find the man, Henick received an email from Mike Richey, the man he remembers from that night at the overpass who was fixated on Henick's fingers, watching for the moment he feared was coming — when the teen let go and "leaned forward into nothing."

In a moving video shared online, Henick, 27, now a mental-health advocate, reads the first email he received from Richey.

"That first message that I sent back to him, I've never felt more speechless.... Words just seemed inadequate, it's not the type of thing — 'Oh, thank you for pulling me off a bridge when I was about to kill myself.' It's so incongruent with the situation," Henick says. "I told him something to the effect that I want to thank you but I don't know how, because

I don't have the words for it. Maybe there are no words."

Some time around 2002 — he can't remember the date exactly — a teenage Henick, who had a history of depression and anxiety and prior suicide attempts, was extremely upset. It was midnight, quiet and cold in his hometown of Sydney.

"I don't even know what was really triggering it at the time," Henick says. "I thought that I knew that I had to kill myself in order to escape this."

He went to an overpass on Victoria Road and paced back and forth, eventually climbing over the railing.

Richey, 25 at the time, was on his way to his job as a youth care worker when he noticed a figure on the ledge. "I didn't have a cellphone at the time," he says. "I ran into a convenience store and told the clerk to call the police."

Then he went back. The brand new youth worker didn't have any experience in dealing with suicide intervention.

He talked with Henick.

"I just wanted him to know

that I was there," he says. "I wasn't there to try to fix things for him or anything like that, I wanted him to know that no matter what, I'm not going anywhere. I'm right behind you."

As Henick let go, Richey reached out and grabbed his chest to keep him from falling forward, and along with a police officer, pulled him back to safety.

For Henick, years of recovery, struggles and setbacks followed — "recovery is not a straight line upward, it never is" — but he found that talking about his struggle helped.

Now 27, he works for the Ontario division of the Canadian Mental Health Association. He has shared the story about the stranger many times, including in a TED Talk viewed almost a million times.

In a strange coincidence, Richey had seen the TED talk a couple of weeks ago, and had been writing a letter to Henick. He decided to send it.

The two men have exchanged several emails and plan to meet some time in the future. Henick calls that night



Mark Henick of Toronto went on television and used social media to find the person who saved him from killing himself back in 2002, when he was a teenager living in Cape Breton. TORSTAR NEWS SERVICE

on the overpass a "pivotal point" in his story.

"I felt so alone, so isolated and secluded on that bridge," he says. "That the most powerful thing for me was that complete stranger reaching out — and I realized I can be that stranger, too, just by telling my story and just by saying that I've been there."

"That breaks down that isolation for people, and lets them know its OK to talk."

Richey, now 37, lives in Halifax, and works at a non-profit residential facility for at-risk youth. Admittedly shy, he says kind messages from people who have heard the story have been overwhelming and unexpected.

Online

To watch the video made by Mark Henick, go to metronews.ca/halifax.

"It was something that just needed to be done," he says. TORSTAR NEWS SERVICE

Defence Dept. investigating edits to Rehtaeh Parsons Wikipedia page

The Defence Department is investigating to determine whether an infraction of its Internet usage policies occurred after changes were made to a Wikipedia page about Rehtaeh Parsons.

Wikipedia's revision history shows that as of Jan. 29, more than a dozen changes were made to its page about the girl's death from a computer with an IP address linked to the Defence Department.

Some of the changes are minor updates, but others are contentious revisions that include the altering of one quote attributed to Parsons' father, Glen Canning.

That quote was revised to make it appear as though



Rehtaeh Parsons FACEBOOK

Canning said his daughter had consensual sex with two boys who were later convicted of child pornography in her case.

A Defence spokeswoman issued a statement saying

the Canadian Armed Forces chain of command is aware of the matter and determining whether any federal rules have been broken.

The statement says the department does not comment on ongoing investigations, but it added that employees, contractors and members of the Canadian Armed Forces are given security briefings regarding acceptable use of networks.

Parsons attempted to take her own life at 17 and was later taken off life-support in 2013. Her parents say she was cyberbullied and was pushed to suicide after a photo of one of the boys having sex with her was passed around her high school. THE CANADIAN PRESS

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Ferry. Maine explores a line of credit for Nova Star

The governor's office in Maine is exploring "a legislative solution" when it comes to a line of credit that couldn't be secured for Nova Star last year.

But a spokesperson for Governor Paul LePage's office says they're not able to offer details at this point.

The passage of such legislation, however, is not a given.

"A legislative solution ... is now on the Maine 127th legislature's timeline and will need the full support of the legislature for a successful outcome," says Adrienne Bennett, press secretary to the governor. "We are not yet prepared to discuss details of this legislation."

The Nova Scotia government — which provided \$28.5 million in funding to the ferry service last year and has committed to providing up to \$13 million this coming season — says it expects financial participation from Maine when it comes to the Nova Star ferry service.

Economic development minister Michel Samson said on Feb. 4 that the province expects Governor LePage to follow through on a commit-

Tourism marketing

The governor's office says Maine has included the Nova Star experience in the state's official tourism marketing efforts.

ment for a \$5-million line of credit.

Asked where things stand on this front, Bennett says, "We do not have anything new for a comment but we are developing legislation that would be consistent with the July 23, 2013 offer to assist Quest Navigation in securing an operating line of credit."

In a 2013 letter that LePage sent to then-premier Darrell Dexter, LePage indicated his support for the Maine company that was seeking to run the ferry service.

The governor said the state "would assist" the company "in securing an operating line of credit for \$5 million." However, this assistance did not involve the state itself signing a cheque.

YARMOUTH VANGUARD



Making mountains out of snowstorms

A pedestrian makes their way down Young Street in Halifax on Monday. Halifax has received about 50 centimetres of snow since Feb. 1. JEFF HARPER/METRO

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Cart topper. Saw-whet owl creates a bit of a flap at a Nova Scotia grocery store

An unusual visitor perched on the shopping carts at the Digby Superstore this past Saturday.

When staff arrived for work first thing on Feb. 7, they found a saw-whet owl perched on the shopping carts near the store.

They tried to encourage it to leave, but it flew up and into the big glass front and then found a perch deeper in among the lines of shopping carts near the store window.

Staff put a barbecue in front of the glass inside to give the owl some privacy and tried to keep the cart lines full where the owl was so people wouldn't disturb it.

Staff called the Department



Staff found this northern saw-whet owl perched among the shopping carts at the Digby Superstore on Feb. 7. CONTRIBUTED

of Natural Resources, which told them the owl would leave when it was ready.

And it did, sometime in the early evening.

According to allaboutbirds.com, the northern saw-whet owl is one of the most common owls in North America but is seldom seen because it's nocturnal.

Wikipedia says adult saw-whet owls are usually between 17 and 22 centimetres tall, making them the smallest owl found in Nova Scotia and one of the smallest owls in North America.

The saw-whet owl has sensitive and sophisticated hearing that allows it to hunt in complete darkness.

They usually eat small mammals but may also take small birds. DIGBY COURIER

Tourism

Province to provide \$20,000 to Cape Breton wildlife park

The provincial government will provide \$20,000 to the Two Rivers Wildlife Park in Sydney.

"This one-time funding will allow Two Rivers to continue operating and will

position the park to move toward self-sustainability," Economic and Rural Development and Tourism Minister Michel Samson said in a statement on Monday.

The release added that the government has provided Two Rivers Wildlife Park with about \$671,000 in funding since 1998-99.

CAPE BRETON POST

Correction notice

In the Feb. 9 edition of Metro Halifax, the story Exporting trash: 'You blow a tire, there go your profits' inaccurately identified the owner of Gerald's Garbage and Trucking as Gerald Whittleton. His name is Mark Whittleton. Metro regrets the error.

Family still waiting for liver donor for one of ailing twin toddlers

Health. Three-year-old twin daughters of Ontario couple both need liver transplants, but their father, who is a match, can only donate once

An Ontario couple is still waiting for a liver donor to save one of their ailing twin girls despite intense media attention after going public.

The three-year-old girls' father — Michael Wagner — will donate part of his liver sometime in the next few weeks, but he can only save one of his daughters.

Johanne Wagner, the girls' mother, says she will sign up as a potential donor in a few months if another one isn't found by then.

The twins — named Binh and Phuoc — have Alagille syndrome, a genetic disorder that affects the liver, heart and other organs, and without a liver transplant the girls will die.

The parents, who have nine kids, have asked doctors to decide which of the twins will receive their father's liver because they said they cannot choose.

The couple's story, often compared to the film So-

In detail

The couple's story has led to a stark increase in interested donors, said Gary Levy, who runs the liver donor program at the hospital.

- The hospital hopes to have a second donor for the twins lined up shortly, he said.

There are 227 Ontarians who need liver transplants, according to the Trillium Gift of Life Network.

- Last year, 84 people who needed livers died before getting one.

phie's Choice, has made headlines around the world.

Michael Wagner said his wife hasn't been tested yet because she needs to be there for the kids if something goes wrong with his transplant surgery.

"She's our reserve," he said during a recent interview with The Canadian Press at the family's home in Kingston, Ont.

"Part of it is that we knew we could only do one parent at a time and that I would have to recover before she went in."

Michael underwent final testing last week at the Toronto General Hospital and is now awaiting the date of the surgery, he said, which should come within the next few weeks.

The couple's story has led to a stark increase in interested donors, said Gary Levy,

who runs the liver donor program at the hospital.

As of Wednesday, the hospital had received 436 applications in just a few weeks, Levy said.

In the past week he's met with about a dozen candidates who want to donate their liver to one of the twin girls.

For the Wagners, waiting for the second donor is the toughest part.

"We're trying to keep ourselves busy," Johanne Wagner said. That's the easy part with nine children bouncing around the house.

Michael Wagner continues to struggle with the fact that he is a match for both girls, but cannot donate his liver twice.

"The cruel part of the liver is that you can only do it once," he said.

THE CANADIAN PRESS



Father and son collaborate on tattoo project

Keith Anderson shows tattoos on his arm Thursday in Peterborough, Ont. Anderson's tattoos were copied from his 11-year-old son's artwork. When he looks at the daisy tattoo on his arm that his young son drew, he thinks of his boy's first day of school. He is taken back to that day in 2008: Kai's curly hair, his backpack and his timidity. His father was proud and scared. The memories come easily to Anderson because so many are etched into his right arm — he has eight tattoos of his son's drawings and more are coming. "It's another deep connection you can have with your kid," Anderson said. The 42-year-old dad got the idea from his brother, who had a piece of his daughter's art tattooed on his leg. Anderson thought it was another way he could show his love for his boy. PHOTO: FRED THORNHILL/THE CANADIAN PRESS; TEXT: THE CANADIAN PRESS

Tests suggest T.O. measles not linked to Disneyland outbreak

Early evidence suggests Toronto's measles outbreak is not linked to the growing outbreak in the United States that appears to have started at the Disneyland theme parks in California.

Toronto Public Health said Monday that viruses from four of the six confirmed cases in the city have been typed, and they do not match the Disneyland outbreak strain. The viruses are from a strain known as D4, said Dr. Vinita Dubey, an associated medical officer of health with Toronto Public Health.

The virus responsible for the theme-park outbreak is B3, which was the cause of a very large measles outbreak in the Philippines in 2014. The Phil-

Quoted

"None of them are from the same household. None of them go to the same anything.... They're not even all from the same area of the city."

Dr. Vinita Dubey, an associate medical officer of health with Toronto Public Health, on the Toronto measles cases.

ippines recorded more than 21,000 measles cases and 110 deaths last year.

The U.S. Centers for Disease Control said Monday that it has recorded 121 measles cases so far in 2015, with 114 of them linked to the Disneyland out-

break.

Test results are still pending on the virus type for the two most recent measles cases in Toronto, said Dubey. Those results won't be in until late this week or early next week, she said.

The D4 strain of measles circulates in a number of different parts of the world. So while the results rule out a Disneyland link, they do not tell public health officials where this virus came from.

Dubey said D4 has circulated in the past in parts of Asia, in Europe and even in Canada. While public health has been working hard to look for links among the cases, they have yet to find any. THE CANADIAN PRESS



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Education. Harper halts movement on reforms, but funds in limbo: AFN chief

The new national chief of the Assembly of First Nations says Prime Minister Stephen Harper personally told him that the Conservative government will not move ahead with its controversial overhaul of aboriginal education.

That raises a big question mark over what happens to the \$1.9 billion tied to the original bill, which has been in limbo since last spring when chiefs from across Canada flatly rejected its proposed reforms to First Nations education.

Perry Bellegarde said he asked Harper on Jan. 28 not to “re-profile” the money — in other words, not to use funds set aside for First Nations education in last year’s budget for another purpose — but added that he did not leave his meeting with the prime minister with a sense of optimism about the

Lawsuit

Aboriginals who were adopted into white families during the so-called ‘60s Scoop are suing the federal government for their loss of culture and emotional trauma. Almost 1,200 adoptees have filed a class-action lawsuit seeking compensation from Ottawa.

education money. Bellegarde warned of the message it would send to First Nations if the government decides to reassign the education funding.

“It would signal that they’re not in touch with communities, not in touch with the needs and basically putting First Nations issues to the side when it comes to education.”

THE CANADIAN PRESS

Egypt. Fahmy’s family launches online campaign

The family of a Canadian journalist languishing in an Egyptian prison launched an online campaign Monday, urging Prime Minister Stephen Harper to intervene in the case of Mohamed Fahmy.

Fahmy’s family called on supporters to use the hashtag “HarperCallEgypt” in their efforts to encourage the prime minister to urgently lobby for the 40-year-old’s release this week.

The initiative came a day after Egyptian authorities announced a date for Fahmy’s retrial — a move that shocked him and his family, who had previously been told by then-foreign affairs minister John Baird that his release

was “imminent.”

The new trial is expected to begin on Thursday, and Fahmy’s family said they are “extremely worried” that his release could be delayed indefinitely.

“We’re just in shock. We don’t understand how this happened and why,” Fahmy’s brother, Adel Fahmy, told The Canadian Press. “Why does my brother have to go through all this torment?”

A spokeswoman for Lynne Yelich, junior minister responsible for consular affairs, said Prime Minister Harper has “personally” raised Fahmy’s case with the highest level of the Egyptian leadership. THE CANADIAN PRESS

Court

Allow Khadr to give interviews, lawyers argue

The public has a right to know as much as possible about Omar Khadr before he is released from prison, especially since the federal government has repeatedly branded him an unrepentant terrorist, Federal Court heard Monday. In urging the court to force prison authorities to allow media to interview Khadr, their lawyer said the government had put the issue on the public stage. THE CANADIAN PRESS

Tax season

CRA urging MPs to promote Tory tax measures

An annual tax-season information kit being sent to all members of Parliament is going further than just outlining the nuts and bolts of paying taxes.

MPs also appear to be getting a nudge from the Canada Revenue Agency to remind constituents about the Conservatives’ recently announced tax measures targeted at families.

THE CANADIAN PRESS



Former Conservative MP Eve Adams, left, is joined by Liberal Leader Justin Trudeau as she announces on Monday in Ottawa that she is leaving the Conservative Party to join the Liberal Party of Canada. JUSTIN TANG/THE CANADIAN PRESS

Ontario MP calls Tories ‘fear-mongers and bullies’

Federal politics.

Former Tory MP Eve Adams crossed the floor Monday to join Liberals

Background

- Adams was first elected for the Conservatives in 2011 in the Toronto-area riding of Mississauga-Brampton South but had hoped to run again for the Tories in the newly created riding of Oakville North-Burlington.

to drop out. Among other things, the contest involved allegations that Soudas, at the time the executive director of the Conservative Party, was using his position to help Adams.

- Soudas then lost his party job, saying that he put his loyalty to Adams above his loyalty to the Conservatives.

a job at Adams from Edmonton Tory MP Mike Lake.

“What did you ask me to do again?”

Conservatives cast Adams’ decision as opportunism by a woman spurned by the governing party. Party president John Walsh said Adams previously asked about running in another riding after the party barred her last summer from

running in Oakville North-Burlington. But Adams and Trudeau cast her move as a matter of principle.

“This is not about having a tough day at the office; everybody has grumpy bosses from time to time,” Adams said.

“This is about the fact that my values simply don’t align with this (Conservative) team, and I’d like to continue serving

Canadians.”

Trudeau noted that she continued to serve as a parliamentary secretary to the health minister right up until she resigned Monday.

Parliamentary secretaries are appointed by the prime minister and are one rung down from cabinet.

“I can no longer support mean-spirited leadership that divides people instead of bringing them together. We need a kind, generous and strong leadership that champions a shared vision for how to make Canada work for everyone. I want to work with someone who inspires, not with fear-mongers and bullies.”

However, NDP Leader Tom Mulcair accused Trudeau of “stoking cynicism” about politics by welcoming an MP who, until Monday, had supported “every single decision” taken by Harper for the past nine years. THE CANADIAN PRESS

Cabinet shuffle sees Kenney as defence minister



Jason Kenney is now in charge of the defence portfolio. THE CANADIAN PRESS

Jason Kenney isn’t known for holding his fire on the subject of radical Islam — and now he’s in charge of whether the Canadian military will or won’t continue to do the same.

Kenney took charge of the defence portfolio Monday in a cabinet shuffle that puts an edge on the team Prime Minister Stephen Harper will lead into the October election campaign.

Former defence minister Rob Nicholson took over foreign affairs after the resignation of John Baird last week.

Kenney’s former job as minister of employment and social development will be handled by Minister of State for Democratic Reform Pierre Poilievre.

The trio represents three of the most battle-tested MPs in the Conservative caucus who’ve shown a willingness to

take a hard line on controversial policies.

But New Democratic Party Leader Tom Mulcair questioned whether Nicholson was the right choice for the time.

“At a time like this in the world that we live in today, it is a bit surprising you have someone who can’t reach out more than he can,” Mulcair said, noting Nicholson’s inability to speak French. THE CANADIAN PRESS

'American Sniper.' Jury selection begins for trial

Jury selection began Monday in the trial of the man accused of fatally shooting a former Navy SEAL depicted in the film *American Sniper*.

More than a dozen people were dismissed Monday morning in Stephenville, Texas, where former Marine Eddie Ray Routh is charged with capital murder in the deaths of Chris Kyle, 38, and Kyle's friend, 35-year-old Chad Littlefield.

A challenge facing authorities is ensuring a fair trial just as the movie based on Kyle's memoir continues to make millions at the box office.

The county's top prosecutor told prospective jurors Monday that he knew many of them will have seen the movie, which details Kyle's tours.

Instead of a typical Erath County jury pool of 175, about 800 jury summons were sent out, district clerk Wanda Pringle has said.

Routh's attorneys plan to pursue an insanity defence stemming from post-traumatic stress disorder (PTSD). Prosecutors won't seek the death penalty for Routh, who faces life in prison without parole.

THE ASSOCIATED PRESS

India

Police search for man in 20s after rape reported

Police were searching Monday for a man in his 20s who allegedly raped a 20-year-old female Japanese student in northern India on Sunday.

THE ASSOCIATED PRESS

Egypt

Stadium riot leaves 22 dead

Mayhem erupted at a stadium Sunday when police turned soccer fans waiting in line back. After fans at the back pushed forward, police fired tear gas into the crowd; 22 were killed in the stampede that followed. THE ASSOCIATED PRESS

Obama, Merkel united in their hope for Ukraine peace plan

Foreign affairs.

While Obama mulls defensively arming Ukrainian forces, Merkel stands strong in non-military approach

U.S. President Barack Obama and German Chancellor Angela Merkel declared Monday that Russian aggression in Ukraine has only reinforced the unity of the U.S. and Europe, as they weighed the prospects of reviving an elusive peace plan to end the conflict.

Still, Obama held open the prospect that if a new round of diplomacy this week fails, the U.S. could send Ukraine's beleaguered military defensive weaponry. Merkel and other European leaders staunchly oppose arming Ukraine, in part out of fear of sparking a proxy war with Russia.

The U.S. and Europe have largely been in agreement on their response to the conflict



German Chancellor Angela Merkel listens as U.S. President Barack Obama speaks during their joint news conference in the East Room of the White House in Washington on Monday. EVAN VUCCI/THE ASSOCIATED PRESS

between Russia and Ukraine, raising the prospect that a public split over lethal aid is a tactic to push Russian President Vladimir Putin to agree to a peace plan.

During a joint White House news conference with Obama, Merkel reaffirmed that she sees no military solution to the fighting in eastern Ukraine. However, she added that no

matter what Obama decides, "the alliance between the United States and Europe will continue to stand."

Merkel and French President Francois Hollande met with Putin and Ukrainian leaders last week and announced a new summit meeting for Wednesday in Minsk, Belarus.

Merkel, who has perhaps the most productive relation-

ship with Putin of any Western leader, said reaching a diplomatic agreement was crucial to keeping the peace in Europe.

"I myself actually would not be able to live without having made this attempt," she said through a translator.

More than 5,300 people have been killed since fighting in eastern Ukraine began in April, according to a UN tally.

THE ASSOCIATED PRESS

Canadian stop

Merkel lands in Ottawa

Following her Monday meeting with U.S. President Barack Obama, German Chancellor Angela Merkel arrived in Ottawa on Monday evening to brief Prime Minister Stephen Harper on her diplomatic efforts to ease Russian-Ukrainian tensions. THE CANADIAN PRESS

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Micro condos to face first test, experts say

Investment units.

Sales of 3,000 shoebox apartments in Toronto nearing completion could spur developers to build more to satisfy demand from investors



A rendering of a micro loft in Vancouver. Reliance Properties restored the former single occupancy hotel into rental units with an average size of 265 square feet. COURTESY RELIANCE PROPERTIES/THE CANADIAN PRESS

The appeal of so-called shoebox condos — no larger than the size of two average living rooms — will face its first real test in Canada this year, with an influx of the compact homes set to hit the country's largest real-estate market.

Investors are betting on big returns from young renters who can't afford to buy in the red-hot real-estate market and don't mind living in a unit about 500 square feet, where their dining table might have to fold down into a bed.

Although developers are pitching micro condos as an

affordable entry point into the market, brokers say it's mostly investors — catering to a demographic of young professionals increasingly flocking to the downtown core — that's driving demand.

Micro suites tend to fetch higher rents per square foot than larger units, as many renters are willing to live in a slightly smaller space in or-

der to save a bit on costs and live closer to the city core.

Shaun Hildebrand, vice-president of condo research firm Urbanation, says condos under 500 square feet can bring in well over \$3 per square foot, while the rest of the market averages around \$2.50 or \$2.60.

There are nearly 3,000 micro condo units under construction in Toronto that are slated to be completed this year, Hildebrand says. If investors snatch them up, that could spur developers to build more of the micro units to satisfy demand from investors.

The challenge comes in securing a mortgage for the micro units. Brokers say Canada's five biggest banks are hesitant to provide financing for units below a certain minimum square footage, concerned that investors will sell off the properties if the housing market starts to slide.

THE CANADIAN PRESS



Toys for boys plays well for Hasbro

The appetite for superheroes and robots in disguise, such as Transformers, led to a healthy fourth quarter at Hasbro, even as a shift toward electronics has challenged the traditional toy industry. Hasbro said Monday that sales of toys geared toward boys increased 21 per cent while sales of toys for girls fell 10 per cent. THE ASSOCIATED PRESS FILE

Online entertainment

Netflix launches service in Cuba

Netflix is launching its movie and TV show streaming service in Cuba as credit and debit cards become more widely available. Only 27 per cent of Cuba's population has access to the Internet, but Netflix is banking on more people getting Internet access as the U.S. eases sanctions against Cuba. THE ASSOCIATED PRESS

Market Minute

DOLLAR
80.22¢ (+0.37¢)

TSX
15,100.70 (+16.78)

OIL
\$52.86 US (+\$1.17)

GOLD
\$1,241.50 US (+\$6.90)

Natural gas: \$2.597 (+1.8¢)
Dow Jones: 17,729.21 (-95.08)

Vancouver

Developer eyes 'nano suites'

In Vancouver, city bylaws dictate condo units can be no smaller than 398 square feet, although city council has occasionally loosened the restriction down to 320 for rental-only units.

Jon Stovell, president of Reliance Properties, would like to see the restrictions scrapped. "Vancouver has this tremendous affordability problem," the developer says. "They're keeping a lot of young people out of the market."

Stovell has proposed a development at Davie and

Hornby Streets that would feature a number of "nano suites" measuring under 200 square feet. The city is looking into whether the units, which fetch higher rents than larger spaces do, could drive up land values and exacerbate Vancouver's affordability problem.

THE CANADIAN PRESS

HSBC's Swiss branch helped rich dodge taxes: Documents

HSBC's Swiss private bank hid millions of dollars for drug traffickers, arms dealers and celebrities around the world as it colluded to help them dodge taxes, according to a report based on leaked documents that lifts the veil on the country's banking secrecy.

The report, published Monday, suggests the bank, which is based in London but has operations globally, not only turned a blind eye to the illegal activities of its clients but actively helped them avoid taxes.

A former HSBC employee-turned-whistleblower, Herve Falciani, gave the data to

Clients

The International Consortium of Investigative Journalists said clients included former and current politicians from Britain, Russia, Ukraine, Kenya, India, Mexico, Lebanon, the Democratic Republic of the Congo, Zimbabwe and Algeria.

French tax authorities in 2008. France shared it with other governments and launched investigations. The French newspaper Le Monde obtained a version of the data and shared the material with

the International Consortium of Investigative Journalists, which analyzed the material together with The Guardian and the BBC in Britain.

The leaked documents, which mainly cover the years 2005 to 2007, relate to accounts worth \$100 billion US held by more than 100,000 people and legal entities from 200 countries.

HSBC stressed that the documents were from eight years ago and said it has since implemented initiatives designed to prevent its banking services from being used to evade taxes or launder money. THE ASSOCIATED PRESS

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Screenings on way for those with autism

Cineplex Entertainment is launching a special screening program for people with autism spectrum disorder and their families.

The Canadian movie-theatre company says its Sensory Friendly Screenings will include 2D projection, increased auditorium lighting, lower volume and smaller crowds.

Theatres will also allow

families to bring in outside food and take a break from screenings in a nearby "calm zone."

Cineplex says the screenings will take place in select venues on select Saturdays at 10:30 a.m., before theatres open to the general public.

Guests of all ages will be able to get in for the current child-ticket price.

The program begins Feb.

14 with The SpongeBob Movie: Sponge Out of Water.

Other titles and booking information will be announced on Cineplex.com up to two weeks in advance of each screening. The program was developed in concert with Autism Speaks Canada.

Participating theatres include Scotiabank Theatre Halifax in Halifax.

THE CANADIAN PRESS

VOICES

WE HAVE TO START SOMEWHERE

No, the stretch of University Avenue by Dalhousie campus doesn't need a protected bike lane, but if we don't start building them somewhere, we'll never get anywhere



YOUR RIDE
ERICA BUTLER

Why build a 400-metre-long protected bike lane along the quietest stretch of University Avenue in Halifax?

The answer is simple: because we have to start somewhere.

You may have heard a collective forehead slap resonate last week as people realized that Halifax regional council had secretly reneged on a decision to let Dalhousie University build protected bike lanes on University Avenue.

Those of us following the heartbreaking tale of the on-again, off-again Hollis Street bike lane could be forgiven for thinking that this latest setback in cycling infrastructure was an attempt by Halifax's bikeway-resistant elements to derail what seemed like a sure thing.

But it seems we have something else to blame. By all appearances, this decision (which promises to be only a month-long delay) is a defensive move by council to make the bike lane defensible in court.

One potential legal challenge comes from Jerry Reddick, a.k.a. The Dawgfather, who uses a parking space in the path of the proposed lane to help run his popular hotdog cart at the Dalhousie Student Union Building.



A pedestrian walks past a Dalhousie University sign. Council has delayed a decision on a proposed dedicated bike lane on University, in part due to a legal challenge by the Dawgfather. HAILEY RYAN/METRO FILE

In a perfect world, one would expect Dalhousie, the city and Mr. Reddick to figure out how to accommodate both a bike lane and a hotdog cart. But that appears unlikely.

And so Halifax staffers have until March

10 to conduct public consultations and report back to council, which means if you care about the future of protected bike lanes in Halifax, you'd better clear some space in your calendar to chime in.

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
halifax@metronews.ca

The Dawgfather's skepticism is not out of left field. Let's face it: the campus end of University is not exactly screaming for a protected bike lane, and the length of the project makes it seem like a drop in the empty bucket of Halifax bike infrastructure.

On the other hand, it's a place to start.

Despite 12 years of plans recommending a cohesive, connected system of safe bike-ways, Halifax decided long ago that piecemeal was the way we would build our bike infrastructure, and that means one 400-metre stretch at a time.

This particular piece of University Avenue is on tap simply because Dalhousie is there to make it happen.

Protected bike lanes reduce collisions, boost the number of trips we take on our bikes and ultimately help reduce car traffic.

If we waited for the city to strategically locate our first protected bike lane, well, that would be a long wait.

Erica Butler lives in Halifax and uses transit, a car and a bicycle to get around the city. You can follow her on Twitter @HabitatRadio.

Doctor-assisted suicide

With the Supreme Court striking down Canada's ban on doctor-assisted suicide, the country has one year to write a new law. Two affected parties share their take:

THOSE SUFFERING GIVEN A CHOICE

WANDA MORRIS

readers@metronews.ca

Every year, thousands of Canadians die under horrific circumstances, suffering prolonged pain and anguish until the very end.

Improved palliative care would help many. But for others, the relief they seek is only possible with physician-assisted dying (defined as prescribing or administering medication with the intention of ending a patient's life).

We hear too many stories about those who end their lives violently or prematurely because they can't count on assistance when they need it or who live through to the end and experience great pain as a result.

Friday's decision makes us hopeful that tragedies like these will soon become a thing of the past.

One of our supporters had terminal cancer and spoke about how she envied her cat, Sparky. She knew that if Sparky was experiencing great suffering, a vet would help Sparky die in her arms. All she wanted was

to have the same choice for herself.

Friday's judgment came too late for her. But others will soon have that choice.

The court has given policy-makers a year to put new rules in place. Soon, there will be an alternative for individuals facing chronic, intolerable suffering at end of life.

At DWD Canada, we've always believed the evidence from other countries that shows we can provide choice to the dying and protect our weakest and most vulnerable citizens. The Supreme Court has given Canadians choice; now, we must stand guard to make sure necessary safeguards are put in place.

Life is precious, and very few of us would want to shorten our lives by even a single day.

But now, Canadians have the peace of mind that comes from knowing that if the worst comes to the worst, they'll have a last possible alternative.

Wanda Morris is the CEO of Dying With Dignity Canada.

DEAN RICHERT

readers@metronews.ca

On Friday, the Supreme Court of Canada struck down the law prohibiting physician-assisted suicide.

The decision as it stands creates the potential for the most permissive and least restrictive criteria for assisted suicide in the world, putting persons with disabilities at serious risk.

It is extremely troubling for people with disabilities and their communities to see the court's inclusion of "disability" as a possible "grievous and irremediable medical condition."

The court left it open as to which types of disability are included and which are excluded. Who is to decide what disability is a grievous and irremediable medical condition?

Note that the Court did not say that asking a doctor to help you die is restricted to someone diagnosed with a terminal illness who will die within six months, as is required

in the states of Washington and Oregon. Instead, it allows assisted suicide on the basis of physical or psychological suffering. This places people with serious mental-health issues at risk, as well as people who have not yet come to grips with their disability.

Further, the ruling does not adequately address the issue of coercion.

Will a person's wish to die be manipulated in any way? What is the process for discovering such coercion? Seeking consent to help someone commit suicide is complex and fraught with uncertainty.

The Council of Canadians with Disabilities is calling on Parliament to place crucial safeguards on the Court's judgment to limit access to assisted suicide. People with disabilities and their organizations must be included in this process precisely because the impact of this ruling can lead perilously close to a "better to be dead than a burden" mentality.

Dean Richert is chair of the Ending of Life Ethics Committee for the Council of Canadians with Disabilities.



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Gossip

NED EHRBAR

METRO'S TAKE ON
THE WORLD OF
CELEBRITIES

Amber Heard and Johnny Depp ALL PHOTOS: GETTY IMAGES

One wedding isn't enough for Johnny Depp and Amber Heard

Johnny Depp and Amber Heard are, like, extra married now.

After blindsiding gossip-mongers last week with a surprise knot-tying in L.A., the happy couple headed down to the Bahamas as planned for a lavish, intimate ceremony on Depp's own island, Little Hall's Pond Cay.

Photos of the island over the weekend

showed a lovely canopy set up on one of the island's several beaches, along with 24 chairs.

"Amber did her own hair and makeup, and Johnny was as laid-back as usual. But there has been a genuine glow about them since Wednesday, when they officially became man and wife," a source tells the Sunday Express.

"They wanted to do it

all again on the beach and ... (celebrate) with friends, because they love the island and want it to be a continuing part of their lives together."

It's unclear which beach the ceremony took place at, but one of them is named after Depp's ex-partner, Vanessa Paradis.

Going to go out on a limb and guess it wasn't that one.



Justin Bieber

Kevin likely to have a Hart when it comes to roasting Bieber

Apparently for the upcoming — and sure to be not at all awful — roast of Justin Bieber, Comedy Central felt it needed someone who could relate to the boy of the hour on his own level.

Enter equally diminutive comic titan Kevin Hart, who is stepping in as roast master for the event.

"I don't normally do roasts, but I had to step out for my guy Biebs,"

Hart says in a released statement.

"It's his big 21. It's about to be Operation Roast Everyone's Ass."

And while we appreciate Hart's enthusiasm, this feels like an incredibly safe choice, as the Wedding Ringer star is not known for any particularly negative slant in his comedy.

Maybe the chances were too great that usual Friar's Club go-to host Jeff Ross would've reduced Bieber to tears before the first commercial break.

Soup for you, Jennifer Lawrence

Jennifer Lawrence is now getting unsolicited help in her campaign to be the most down-to-earth star on the planet. While celebrity chef Wolfgang Puck was giving a preview of his annual post-Oscars Governors Ball menu, he couldn't help offering up a side of charming J.Law anecdote. "She didn't know who I was," Puck remembers of the 2013 gala, after Lawrence won her Best Actress trophy. "Her publicist said, 'That's Wolfgang Puck.' She says, 'Oh my God, I eat his canned soup all the time!' I thought that was very funny." And charming!



Jennifer Lawrence



Everything isn't awesome for the Lego Movie directors, who were passed over for an Oscar nomination. CONTRIBUTED

Lego Movie directors are still mad at Academy

Crowd-pleaser The Lego Movie took home a BAFTA this weekend for Best Animated Film, but that apparently doesn't quite wash away the slight of being passed over for an Oscar nomination. While accepting their award in London, co-directors Phil Lord and Chris Miller didn't let the opportunity

pass to make a dig at the Hollywood elite who left them out of the big show. "You are our favourite Academy by far," Lord said from the BAFTA stage. "You guys win the award for best Academy. This is the end of the awards road for us, so we can say whatever we want. There's no one left to impress."

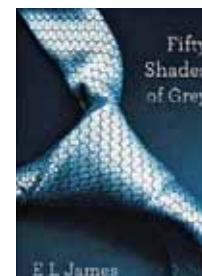
Fifty Shades is 'too soft' for 84-year-old dominatrix

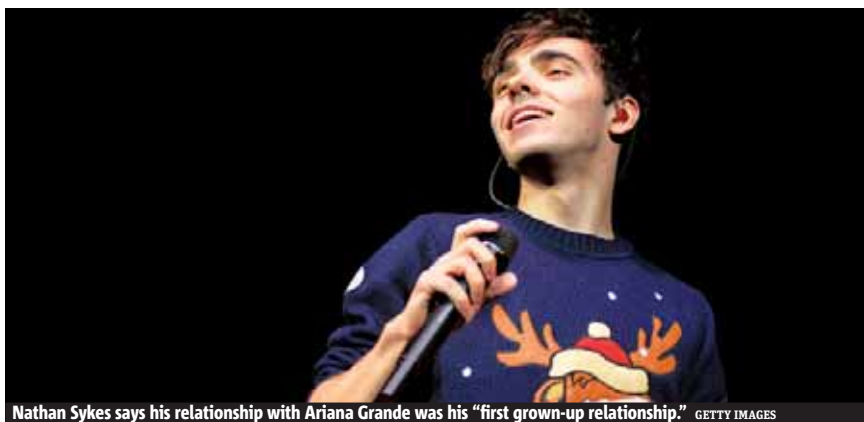
France's premier dominatrix is less than impressed with the phenomenon of Fifty Shades of Grey, to put it mildly — not that she's in the business of ever really putting things mildly.

"It's a poorly written fairy tale and much too soft. Real bondage is massively more fulfilling," 84-year-old Catherine Robbe-Grillet tells the Mail Online.

"It's roman-

tic literature — effectively the story of a powerful man, a Prince Charming, and his adventurous relationships. There are spicy bits, and the scenes certainly inspired an interest in bondage, discipline and dominance, but I don't believe it did much to increase the number of people taking part." Certainly E.L. James wasn't expecting the pros to go easy on her work, was she?





Nathan Sykes says his relationship with Ariana Grande was his "first grown-up relationship." GETTY IMAGES

Nathan Sykes uses Grande heartbreak to make music

Interview. Former member of The Wanted opens up about his breakup with singer Ariana Grande

Ariana Grande may be happily in love with Big Sean, but before things heated up with her

Right There collaborator, she dated The Wanted (remember them?) band member Nathan Sykes. Now that The Wanted are broken up, Sykes has been in the studio recording some solo songs, and one in particular is about his famous ex.

"The most emotional song is about me telling myself not to be angry about the breakup because sometimes things just don't work out," he tells The

Sun. And he didn't hold back revealing more details about their breakup to the paper: "The time we broke up was really tough. The Wanted decided to take a break and I lost my granddad. I was not in the best place. She was my first grown-up relationship. But sometimes you have to go into a place like that to be able to find the best music out of it."

EMILY LAURENCE/METRO IN NEW YORK

Music business

Where to flow those streams of gold?



SOUND CHECK
Alan Cross
scene@metronews.ca

It's not quite the garbage anti-vaccine whackos are spreading, but much of what's being reported on the payouts made by streaming music services — Spotify, Rdio, Deezer, YouTube and so on — is pretty ridiculous.

You've probably heard stories about artists who receive royalty cheque pitances despite having their songs streamed hundreds of thousands if not millions of times. It seems obscenely unfair. But wait.

First, music streams cannot be equated with music sales. Streams are occasions of individual listens. Artists are paid according to the exact number of people who listen to a given song whenever an individual selects it to be played. That payment is frac-



Artists should be looking to their record labels before complaining about streaming money. ISTOCK

tion of a cent — but it's still something for each and every play a song gets. Compare this to listening to a song on the radio. Radio stations pay a series of fees for the privilege of playing music as part of their business. Those fees are based on a percentage of the pre-tax gross ad revenue of the station. The more the station makes, the more it pays out to artists and composers. Hundreds of thousands of people may hear a song when it's played on the air one time. And guess what each play is worth? A fraction of a cent.

So if you're going to com-

pare streaming payments to anything, it should be to what artists get for radio airplay, not revenues from sales.

Next, consider how streaming fees are set. Record labels, music publishers and music collectives — the people expected to have the artists' interests front-and-centre — negotiate with streaming services over rates. From there, it goes to the Copyright Board for a definitive ruling. Streaming services aren't just being arbitrarily stingy; they're told what to pay.

Finally, let's look at how these payments are divided up. A recent audit of Deezer in France looked at where the company's payments go. Post-tax, out of each 10-euro monthly subscription rate, 11 per cent goes to the artists, 16 per cent to the writers/publishers and 73 per cent to the major labels. Huh.

It's not clear if similar splits exist in other territories because the payout process is opaque. But if it is, then artists' beefs over streaming payouts are not with Spotify, Rdio, et al. It's with the labels and people who are supposed to be looking out for them.

Mooie Domestic Long Hair

Five-year-old Mooie is a great big cat with a mysterious past... although his thick luxurious fur suggests that he has spent some time as a stray. The name Mooie suits this expressive fellow as it is the Dutch word for beautiful. He greets visitors eagerly and shows his enjoyment by purring and stretching with pleasure. Despite his impressive size, Mooie is a gentle fellow who has all the patience in the world. He is ready to be introduced to his forever home... **please visit Mooie today and experience his charm for yourself.**



For more information on **Mooie** and other adoptable furry friends, visit www.pas.spcans.ca or contact the Nova Scotia SPCA Provincial Animal Shelter at 902-468-7877 or info@pas.spcans.ca

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In Theatres
February 20

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Instead of your sweating off those extra pounds with hundreds of crunches, neurons could do some of the work to create energy-burning 'good' fat. ISTOCK

Burn starts in brain

Weight loss. Brains rather than brawn could hold the key to staying thin, research shows

The brain could be a powerful fat-burning tool, say scientists at Monash University in Melbourne who discovered that two naturally occurring hormones interact to convert energy-storing white fat into energy-burning, "good" brown fat.

"Turning white fat into brown fat is a very exciting new approach to developing weight-loss agents," says lead author Professor Tony Tiganis from the Department of Biochemistry and Molecular Biol-

ogy. "Eventually, we think we may be able to help people lose weight by targeting these two enzymes."

One of the enzymes, leptin, is an appetite suppressant that's generated in fat cells and the other is insulin, which comes from the pancreas when levels of glucose in the blood start to rise.

Professor Tiganis' research shows that the two hormones act together and persuade a group of neurons — called proopiomelanocortin (POMC) neurons — in the brain to convert the fat from white to brown, thereby igniting the fat-burning process.

"These hormones give the brain a comprehensive picture of the fatness of the body," says Professor Tiganis.

"Because leptin is produced by fat cells, it measures the level of existing fat reserves — the more fat, the more leptin. Whereas insulin provides a measure of future fat reserves because glucose levels rise when we eat."

If all this has you wondering why you can't just think your way skinny, chances are enzymes called phosphatases that inhibit the actions of leptin and insulin could be working against you.

Professor Tiganis' team found that when phosphatases were reduced, more brown fat was created and more fat was burned.

Don't give up your diet or relinquish your gym membership just yet: Professor Tiganis says any potential therapy

based on his team's research is still a long way off.

Brown fat cells, also called adipocytes, occur most densely around the neck and shoulders, according to the researchers, whose study was published in the journal *Cell*.

That white adipocytes can be converted to brown has been suggested by several studies revealing a variety of methods to do so.

For example, a study at Maastricht University Medical Centre in the Netherlands says it's possible to create brown fat by keeping your surroundings cool, while another published in the journal *Cell Press* indicates that Mirabegron, a drug normally used to treat an overactive bladder, could also do the job. **AFP**

Tips

Save on gym memberships

Max out trials

Finding the right gym fit is key. A great way to check out classes, instructors or an overall environment is to take advantage of freebies. Money-saving expert Andrea Woroch in Bakersfield, Calif., said many gyms offer up to a full week free. Salespeople may try to entice during trial periods with limited-time discounts, but don't bite if it doesn't feel right. Move on to another gym until you find the right one. "You want to test out the equipment, go at the time that you typically think will fit into your schedule, whether it's after work, at lunch. See what the crowds are like," she said.

Try haggling

Think of signing up for a gym membership the same way you would buy a car, Woroch said. Salespeople have quotas and that puts you in the driver's seat. Perhaps you can score a lower monthly rate or have the initiation fee waived. Ask for the first month free, more guest passes, extra personal training sessions or complementary child care. "There's always wiggle room," she said.

Coupons, warehouse clubs and daily deals

Look around. Sites like Groupon and LivingSocial often offer deep discounts of up to 70 per cent on local gym memberships and personal training.

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TOP SIX @ 6 Weeknights at 6 Kat counts down the HOTTEST songs of the day

- 6 Rihanna ft Kanye West & Paul McCartney FourFiveSeconds
- 5 Neon Dreams Love Experts
- 4 Ed Sheeran Thinking Out Loud
- 3 Nick Jonas Jealous
- 2 Pitbull ft Ne-Yo Time of Our Lives
- 1 Taylor Swift Style

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Theresa's tips

Preparing a delicious new savoury starch



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Move over potatoes, bananas are the new side dish. On a recent trip to the Dominican Republic, I tried a Caribbean specialty of boiled banana and onions. Turns out that green bananas are used as a savoury starch and they are quite delicious. Green bananas:

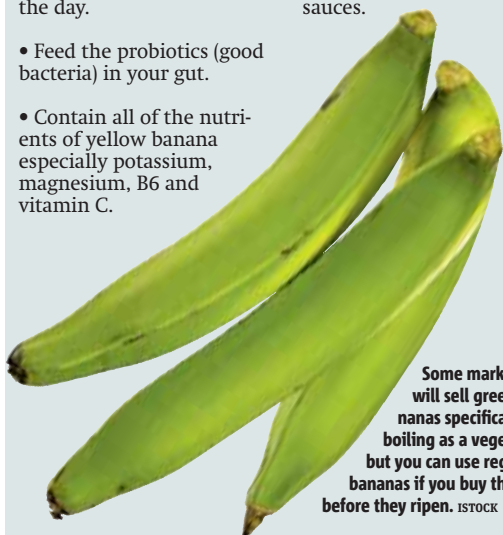
- Contain more resistant starch than yellow, which means that they are slower to digest and won't cause a blood sugar spike.

- Are lower in simple sugar than yellow bananas.

- Are a resistant starch that makes you feel fuller over the day.

- Feed the probiotics (good bacteria) in your gut.

- Contain all of the nutrients of yellow banana especially potassium, magnesium, B6 and vitamin C.



Some markets will sell green bananas specifically for boiling as a vegetable, but you can use regular bananas if you buy them before they ripen. ISTOCK

Some markets sell green bananas specifically for boiling as a vegetable, but you can use regular bananas if you buy them before they ripen and cook them. The process couldn't be simpler:

- Green bananas can be hard to peel, but you don't want to simmer them with the peel on just in case there are pesticides or herbicides.

- Lop off the top and bottom and score the skin, then peel in pieces rather than whole.

- Bring a pot of water to boil with sliced onions, salt, and just enough water to cover the bananas.

- Immerse bananas, cover and simmer for 20-30 minutes just until you can poke them with a fork easily.

Crank up the heat in the house, turn on some steel drum music and set the table with a variety of hot sauces.

Longing for a bit of sunshine? Boil up a Caribbean specialty

Dinner. Whitefish, onions, carrots and a surprising ingredient make for a fast meal

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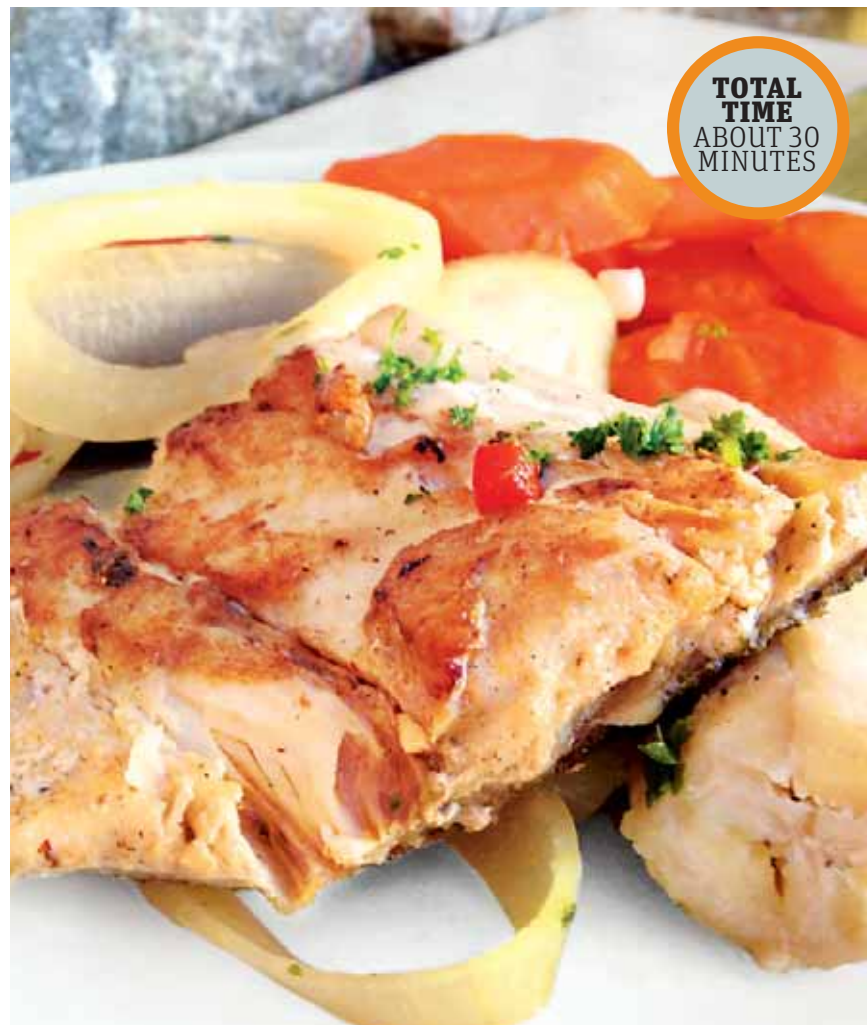
This cheap, fast meal has all the flavour of the Caribbean but none of the cost of the flight. Boiled green bananas are a local specialty that replace potatoes as a side dish.

Directions

1. Bring a large pot of water to the boil with salt. Cut onions into rings and add to the water, cover and simmer while you peel the bananas and carrots. (To peel green bananas, cut off both ends, score the length of the skin and remove in pieces.) Slice carrots into thick rounds and bananas into 3-4 pieces. Add to boiling water and cover for 20 minutes to simmer.

Ingredients

- 1 teaspoon salt
- 2 whole onions
- 4 small green bananas
- 4 carrots
- 1 tbsp butter
- 2 cloves garlic
- Salt and pepper, to taste
- 4 small whitefish fillets



TOTAL TIME
ABOUT 30 MINUTES

This recipe for Boiled Green Banana Dinner serves four. THERESA ALBERT

2. Meanwhile, heat skillet and add butter and garlic. Salt and pepper the fish and add to the pan when it is sizzling. Flip once and cook

through for 6-10 minutes.

3. Drain water and serve bananas, carrots and onions with fish over top.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

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Making a romantic connection without the use of a keyboard

Dating. Four experts weigh in on how to engage authentically in a modern world

STEPHANIE ORFORD
for Metro

Thanks to the Internet, there's no shortage of ways to connect with someone: dating apps, websites and matchmaking services are ubiquitous and anyone who can swipe right can get a date for Saturday night.

But you can still find yourself next to an attractive stranger on a bus, or in the supermarket, wishing you knew what to say to get their attention — and affection.

Technology has been trying to bridge the gap. The new app Somebody, by writer-filmmaker Miranda July, lets users enlist a stranger to deliver their message; and ShoutzApp, based in Toronto and designed for transit users, allows people in the same vicinity to have anonymous conversations.

But when apps are being created to get us talking to the people right in front of us, it's easy to think we've forgotten how to meet in the real world.

Instead of rushing home to post a Craigslist missed connection, we've asked four experts to give us their best advice.

Personal stylist: Wear your confidence

Like it or not, your image is key to attracting the right person, says Patricia Trépanier, a personal fashion stylist based in Montreal.



Patricia Trépanier

"When you feel confident in your clothes, people start noticing you more," says Trépanier. "It shows in your posture."

She suggests wearing clothes that fit well and suit your physique, polishing your shoes (no square-toed shoes!) and staying away from logos,



A comment about the weather is a good way to start up a conversation, says etiquette expert Charles MacPherson. But if you get a one-word answer, it's best to move on. ISTOCK

quotes or brand names. For men, err on the side of classy, and wear a blazer you can take off if you end up in a more casual setting.

And remember, your appearance is an indicator of your interests, values and habits.

"If you neglect your personal image, it shows that you may also neglect other aspects of your life," says Trépanier.

Speed-dating host: Be honest

When you're approaching someone for the first time in real life, "I would recommend losing the pickup lines," says Nadia Marchant, representative of Vancouver-based speed-dating service FastLife Media.

She says trying new activities — like speed dating — might feel ridiculous and awkward,



Nadia Marchant

but the such real-life experiences can be electric. Meeting in person allows people to "feel instant chemistry face-to-face," she says.

But chemistry isn't enough, so when it comes to striking up that first conversation Marchant suggests just being honest.

"Be sincere, be yourself, show confidence and just genuinely communicating the reason why you're approaching someone," she says.

She also recommends trying something physically active, like hiking or bike riding, as they're more conducive to natural conversation and maybe some laughter and silliness.

Bartender: Reveal your quirks slowly

Meeting someone at a bar might seem cliché, but sometimes it works, says Lauren Mote, bar manager of UVA Wine & Cocktail Bar in Vancouver.

Whether you're at a bar or a bus stop, the courtship dance

starts with a smile.

"If they smile back, maybe you've got a shot. Offer to buy them a drink," Mote recommends,

recalling an encounter she witnessed where two patrons arrived separately, struck up a conversation, left together and returned a little dishevelled. They've been frequenting the bar as a couple ever since.

Honesty is a good policy, but Mote recommends knowing when to hold back.

"Get to know someone first before you unload all your proclivities," she says.

Etiquette expert: Court with courtesy

No matter the romantic circumstances, basic human decency goes a long way, says etiquette expert Charles MacPherson.

If you'd like to strike up a



Lauren Mote

conversation with a hot guy or girl on the street, "first read the body language of the person and see if they are approachable," MacPherson advises.

He says an open posture can include looking into your eyes and leaning towards you. In a closed posture, they may have their arms crossed, be facing away from you or looking at other things.

If they do seem approachable, "start a conversation about the weather, how long it always takes for this bus, and if the person is receptive, start having a 'normal' fun conversation. If the person is not receptive and gives one-word answers, perhaps it's best to move on."

The care and consideration you show speak volumes about you, he says.

"Kindness and graciousness are always in style."



Charles MacPherson

Love notes

Taking your online love offline



Michael Harris

For online daters, bring your courtship into the real world as soon as possible, recommends Michael Harris, author of *The End of Absence: Reclaiming What We've Lost in a World of Constant Connection*.

"It's wise to arrange a quick cocktail as a first date, even if you feel like your online messaging has brought you closer than that," advises Harris.

He says the problem is that online crushes can be dangerously unrealistic. The major problem lies in the shock and disappointment you feel when the digital relationship ends, and the prospective partner doesn't perfectly mirror their online persona.

"The living person you meet may bear little resemblance to the fictitious person you've crafted in your head," says Harris. "The sound of our voices, the smell of our bodies, the little details of our postures and mannerisms are going to be utterly surprising."

He says the longer you wait to meet an online love connection in person, the bigger the letdown when your interaction doesn't match what you'd imagined.

"The joy of finding love in the 21st century is the fact that lots of dating taboos have fallen away and there's no 'correct' way to meet someone anymore," says Harris. "But this also means it's up to us to choose and be active, precisely because there is no automatic prescription."

STEPHANIE ORFORD/FOR METRO

AUS basketball

Tigers off to Antigonish for double-header

The Dalhousie Tigers are off to visit St. Francis Xavier this evening for Atlantic University Sport basketball action.

The women take to the court against the X-Women at 6 p.m., while the men tip off against the X-Men at 8 p.m., with both games worth four points in AUS standings.

Both the men and women have already clinched playoff spots, with the men currently in fourth place and women claiming third place. **METRO**

NBL Canada

Young named player of the week

Halifax Rainmen forward Kevin Young has once again been named the National Basketball League of Canada's player of the week.

The second straight honour comes after two weekend wins at home, 102-101 over the Brampton A's on Friday night and 128-99 over defending national champions the Windsor Express on Sunday.

Young averaged 24.5 points and 13 rebounds, helping Halifax move above .500 on the regular season, a 14-12 record overall.

The Rainmen also announced Monday they've signed six-foot-10 forward Nigel Spikes, while point guard Cashmere Wright is moving on to play for the Wilki Morskie in Poland.

METRO

NBA

Popovich wins 1,000th game

The San Antonio Spurs' huge fourth-quarter rally helped Gregg Popovich reach the 1,000-win milestone Monday night.

Marco Belinelli's baseline jumper with 2.1 seconds left capped San Antonio's 95-93 victory at Indiana.

Popovich became the ninth coach with 1,000 regular-season wins and became the third-fastest to achieve the feat. He also joined former Utah coach Jerry Sloan as the only coaches in league history to win 1,000 games with one team. **THE ASSOCIATED PRESS**

Huskies sniffing out playoff success

AUS hockey.

Saint Mary's begins post-season with series against Moncton



KRISTEN LIPSCOMBE
kristen.lipscombe@metronews.ca

After four years of "blood, sweat and tears," veteran defenceman Michael D'Orazio and his fellow Saint Mary's Huskies are ready to bring home an Atlantic University Sport title.

And maybe even the 2015 University Cup. The tourney comes March 12-15 to the Scotiabank Centre in Halifax.

"It would definitely be satisfying," D'Orazio said Monday of potentially claiming the coveted Canadian Interuniversity Sport trophy in front of a Huskies hometown crowd.

"Definitely, winning the national championship is the ultimate goal, but we're just trying to focus on the process right now, which is the first round," the 24-year-old commerce student from Richmond Hill, Ont., said.

The first round of the AUS playoffs starts tonight for the Huskies, who host the Moncton Aigles Bleus in the first game of a best-of-three quarter-final series at the Halifax Forum. The puck drops at 7 p.m.

"We know Moncton's a hard-working team; they like to get on the forecheck," D'Orazio said of the Aigles Bleus, who came in at sixth in regular-season standings, compared to a third-place finish from the Huskies.

"We've just got to come out



Saint Mary's Huskies forward Steven Beyers carries the puck in a game against the Dalhousie Tigers earlier this season in Atlantic University Sport men's hockey action. **JEFF HARPER/METRO**

(Tuesday) with purpose and intensity, and I think we'll be fine."

Head coach Trevor Stienburg agreed the Huskies are focused on taking it one step at a time on the road to AUS and CIS success, adding it starts with "following our game plan" against the Aigles Bleus.

"It's just going to be playing Saint Mary's hockey," Stienburg said Monday. "Lots of shots, lots of traffic on net; we need to play a defence-first hockey game and hopefully we'll earn enough opportunities to score the goals needed."

Former Owen Sound Attack blue-liner D'Orazio explained "that's kind of the identity of

Playoff series

AUS men's hockey quarter-final series — Saint Mary's (3) vs. Moncton (6):

- **Game 1** — Tuesday at Saint Mary's, 7 p.m.
- **Game 2** — Thursday at Moncton, 7 p.m.
- **Game 3** — Saturday at Saint Mary's, 7 p.m. (if necessary)

our team."

"We've just got to play an aggressive, simple game," he said. "We're just talking about the little things ... and I think

if we do those, the rest of the game will come."

The Huskies "had a taste" of nationals two years ago, losing to the UNB Varsity Reds in the final game after also falling to them in regionals, so veterans such as D'Orazio are hungry to improve upon that to cap off their university careers.

Saint Mary's hasn't won the AUS championship since the 2009-10 season.

D'Orazio first put on the maroon and white jersey in 2011-12 and admits time has flown by since that first season, which is why his advice to younger Huskies is to "enjoy every moment" along the way.

"Play your heart out, because after that four years, you don't want any regrets."

NHL. Carter comes back to hurt Blue Jackets

Jeff Carter and Dwight King each had a goal and an assist, and Jonathan Quick stopped 23 shots to lead the Los Angeles Kings past the Columbus Blue Jackets 4-3 on Monday night.

Tyler Toffoli and Dustin Brown also scored for the Kings, and Brayden McNabb added two assists.

Scott Hartnell, playing in his 1,000th NHL game,

notched his 263rd goal. David Savard had a goal and an assist, and Jack Skille also scored for the Blue Jackets. Curtis McElhinney had 40 saves.

Carter, a former Blue Jackets player continually booed by Columbus fans for asking to be traded, hadn't had a point in the previous four games. He raised his career point total to 498.

THE ASSOCIATED PRESS



Kings goalie Jonathan Quick makes a save against the Blue Jackets' Nick Foligno on Monday in Columbus. **JAY LAPRETE/THE ASSOCIATED PRESS**

Chabot learns it the hard way

Junior Hockey. Scratch forces the Sea Dogs prodigy to up his game

After being challenged by his head coach early this season, Thomas Chabot has grown into a star two-way defenceman for the Saint John Sea Dogs.

Through two games of his sophomore Quebec Major Junior Hockey League season, Chabot was on the ice for four of the team's seven goals against, he was a minus-3 and he wasn't up to coach Ross Yates' expectations.

Yates knew Chabot's family was going to travel to Saint John to take in the Sea Dogs' home opener but he needed to curb the 17-year-old's slipping defensive play before it became a problem.

"So I sat him out," said Yates. "I said, 'We're not putting up with this again this year.'"

Yates hoped the wake-up call would light a fire beneath his promising sophomore.

"I had to tell my family not to come. Everyone stayed home except my mom and dad," says Chabot, who's listed at No. 15 among North

Top skaters

In total, the Sea Dogs have nine players listed in the midterm rankings, more than any other team CHL team.

- **Scoring forwards.** Adam Marsh (42nd) and Nathan Noel (55th)
- **Wingers.** Samuel Dove-McFalls (73rd) and Spencer Smallman (146th)
- **Defencemen.** Jack Van Boekel (126th), Bailey Webster (148th) and Jason Bell (196th)

American skaters in the NHL Central Scouting's 2015 midterm rankings.

Both Yates and Chabot agree that it was a turning point for the six-foot-two, 181-pound native of Ste-Marie-de-Beauce, Que. Since being scratched, Chabot is a plus-10 and has racked up 31 points (nine goals, 22 assists).

He's also become an anchor on a young Sea Dogs blue-line that features five players in their 16- or 17-year-old season.

THE CANADIAN PRESS



Thomas Chabot changed his game radically after being challenged by the Sea Dogs' coach early in the season. MINAS PANAGIOTAKIS/GETTY IMAGES

Gasol 'hermanos' pumped about all-star jump ball



Pau, left, and Marc Gasol will be the first brothers to side against each other in an NBA all-star game. BRANDON DILL/THE ASSOCIATED PRESS

Marc Gasol can hardly wait for one of the NBA all-star game's most mundane moments.

"I'm just really excited for the jump ball," he said.

That's because it will be against his big brother.

Teammates with their national team, once traded for each other and sharing a lifetime love of basketball that developed in their grandmother's backyard in Spain, Marc and Pau Gasol will make history as the first brothers to start in the all-star game.

"That jump ball is going to

symbolize a lot of things; different ways to do things with the same kind of goal and what we stand for as players and as men. So that jump ball is going to be unique," Marc said Monday. "It's hard to put into words what that jump ball is going to mean."

Pau, 34, is in his first season with the Chicago Bulls and was elected to start for the Eastern Conference. Marc, who has followed Pau as Memphis' man in the middle, was voted by fans to start for the West.

It's the first time two

brothers will start the all-star game. They are the first siblings to play in the same game since Tom and Dick Van Arsdale in 1970 and '71.

"It's a beautiful thing. We are a lucky family," Pau said during a conference call with his brother.

It's the fifth all-star appearance for Pau, who was a star from nearly the minute he came to the NBA. He was the 2002 Rookie of the Year and the MVP of the 2006 world basketball championship and he won two titles with the Lakers after they

acquired him from Memphis during the 2007-08 season.

Success for the 30-year-old Marc, whose draft rights were traded from the Lakers to the Grizzlies in the deal, was slower and a little more unexpected — except to Pau.

"I'm just happy to see him do so well and also with his team, with the Grizzlies, a franchise that has also been a big part of my career," Pau said. "Just overall, a lot of pride, a lot of joy to see your brother do so well, and I know he's going to continue to do well." THE ASSOCIATED PRESS

New Orleans Pelicans

Shoulder forces Anderson to sit out

The New Orleans Pelicans say all-star forward Anthony Davis will sit out Monday's game against Utah because of a sprained right shoulder.

Forward Ryan Anderson is also doubtful for Monday because of a sore right elbow. THE ASSOCIATED PRESS

Alpine ski

Maze closer to another podium

Tina Maze of Slovenia is closing in on another medal at the world championships after winning the downhill portion of Monday's Alpine combined. Lindsey Vonn finished seventh as she struggled on the icy slope.

THE ASSOCIATED PRESS



Tina Maze celebrating for the cameras. MARCO TROVATI/THE ASSOCIATED PRESS

New York Yankees

Tanaka's elbow on the mend

New York Yankees pitching coach Larry Rothschild says off-season reports on Japanese ace Masahiro Tanaka's right elbow have been positive.

"So far he's felt good," Rothschild said Monday.

THE ASSOCIATED PRESS

Wheelchair curling

A win and a loss for Canada

Canada split a pair of games Monday at the World Wheelchair Curling Championship: a 6-4 over Sweden and a 9-8 to the U.S.

"As a team I think we're really coming together," vice-skip Ina Forrest said.

THE CANADIAN PRESS

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Horoscopes by Sally Brompton

♈ Aries

March 21 - April 20

Don't try too hard to prove yourself to people who you do not respect. You are under no obligation to even to acknowledge their existence.

♉ Taurus

April 21 - May 21

You have set your heart on something and you intend to see it through, no matter what the critics might say. So what are you waiting for?

♊ Gemini

May 22 - June 21

Someone in a position of authority will be rather critical of your work but don't lose heart. They think you could do with a little push to get you going. They could be right.

♋ Cancer

June 22 - July 23

No matter what negative things may happen you must laugh at them long and loud. If you look on the dark side, you will only make matters worse. Think yourself happy.

♌ Leo

July 24 - Aug. 23

Make a real effort to focus only on the facts today. Take advice with a large pinch of salt, especially when it's your money they are talking about.

♍ Virgo

Aug. 24 - Sept. 23

Push ahead with your number one plan, no matter how many people say you must be either mad or bad. They are scared you will show them up — and they're right, you will.

♎ Libra

Sept. 24 - Oct. 23

Don't blame yourself unduly for some kind of mistake — either it wasn't your fault at all or it was the kind of thing that can happen to anyone.

♏ Scorpio

Oct. 24 - Nov. 22

You will have to seek assistance from people whose knowledge is superior to your own. You can carry on alone but it won't be long before you need help.

♐ Sagittarius

Nov. 23 - Dec. 21

Someone will be hard to pin down but before you get angry consider it may be what they want you to do. If you lose your temper it will just make them look good.

♑ Capricorn

Dec. 22 - Jan. 20

You may find it hard to get a straight answer from someone but you don't need their input, still less their permission, so stop trying to be so polite.

♒ Aquarius

Jan. 21 - Feb. 19

Someone's dishonesty may shock you but you only have yourself to blame. The signs have been there but you chose to ignore them. Now what are you going to do about it?

♓ Pisces

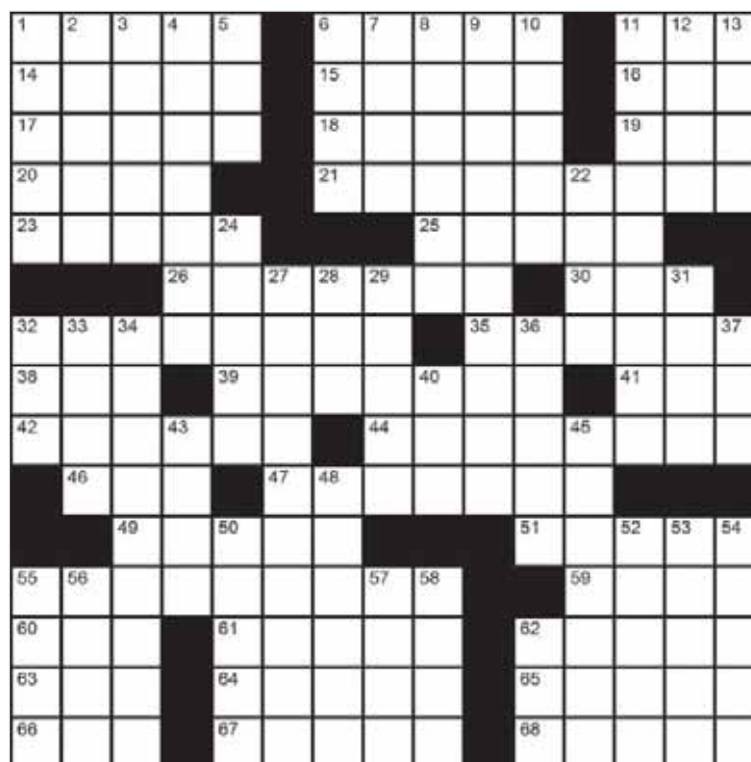
Feb. 20 - March 20

Someone will be vocal in their criticism of you but they mean well. Listen to what they have to say and accept that at least some their criticisms are valid.

Crossword: Canada Across and Down by Kelly Ann Buchanan

Across

1. Twin brothers Daniel or Henrik of the Vancouver Canucks
6. Dad's dad
11. Commonly, poetically
14. Reflection
15. Madagascar animal
16. Ms. Bainter of "Jezebel" (1938)
17. Leonard of "Star Trek"
18. Total eclipse phenomenon
19. Certain conifer
20. Above
21. Quebec meat pie
23. All that glitters ___ gold
25. Bit of Elton John's "Your Song": "I ___ the roof..."
26. Ill-tempered
30. "The Finals" org.
32. "Fantasy Island" boss: 2 wds.
35. Takes one's turn at trying: 3 wds.
38. "C'est la ___!"
39. Circus barkers
41. Director's "Stop!"
42. Fruitlessly: 2 wds.
44. Quick-photos-messaging app
46. Ms. McGillis, to pals
47. Beast slain by Beowulf
49. Mr. LeBlanc, Governor General of Canada from 1995 to 1999



51. Bard's below
55. ___ Arc (Circular formation on the Quebec side of Hudson Bay)
59. Mystique
60. The Monkees hit: "___ Believer"
61. Pine tree stuff

62. Anesthetized
63. Zero
64. Succeed at being annoying: 2 wds.
65. Entreaties
66. Burdened beast
67. Actress Elizabeth
68. New Wave music instr.

Down

1. Mount of the Bible
2. Gives off
3. Matt of movies
4. Storied monster of Lake Simcoe in southern Ontario
5. Napoleonic Wars marshal
6. Feed fully
7. San ___, Italy
8. Surprise attack
9. British singer of "One Night in Bangkok": 2 wds.
10. ___ & Whitney Canada (Aircraft engine company)

11. "Caline de Doux Blues" Quebec band
12. Honest
13. Pericles, Prince of ___
22. They're electrically charged
24. Ms. Bingham of "Baywatch"
27. Zest-in-a-recipe source: 2 wds.
28. Kiev's li'l land
29. Burn a fragrant stick
31. Madrid 'water'
32. 1006 in ancient Rome
33. Hockey arena area
34. Changed decisions
36. ___, Colorado
37. Senators, on scoreboards
40. Bed-and-Breakfast
43. Many: 2 wds.
45. In a hitch-free way
48. Hen hangouts
50. Bette's "All About Eve" (1950) role
52. Pulitzer-winning poet W.H.
53. Mr. Williams of "Hair" (1979)
54. Severe
55. Canadian actress Ms. Dobrev
56. "Titanic" (1997) actress Suzy
57. Tailed toy
58. ___, donor (Unknown benefactor)
62. Sit-___ (Exercises)

Yesterday's Crossword



Online

See today's answers at
metronews.ca/answers



Conceptis Sudoku by Dave Green

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



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OFFER ENDS MARCH 2ND



kia.ca >

LEASING *REDESIGNED*

SHORTER TERMS, LOWER PAYMENTS AND MORE KM'S*



2015 **RIO** LX MT

Rio4 SX with Navigation shown[†]
HWY / CITY 100KM*: 5.3L/7.3L

lease from **\$198** monthly

0% APR for 36 months

\$0 down payment^o

Offer includes a \$500 Lease Credit* and a 20,000 km allowance*. Offer based on new 2015 Rio LX MT (R0541F) with a selling price of \$14,095.



2015 **FORTE** LX MT

Forte SX shown[†]
HWY / CITY 100KM*: 5.3L/8.0L

lease from **\$205** monthly

0% APR for 36 months

\$0 down payment^o

Offer includes a \$500 Lease Credit* and a 20,000 km allowance*. Offer based on new 2015 Forte LX MT (F0541F) with a selling price of \$15,995.

OR

1/2 PRICE PAYMENTS

WE PAY THE OTHER HALF[‡]

"Half Price Payments" for up to one year available on financing offers only on 2015 Rio/Forte/Optima/Rondo/Sorento models



2015 **SORENTO** LX AT

Sorento SX AT AWD 7-Seat shown[†]
HWY / CITY 100KM*: 9.0L/12.7L

finance from **\$39** weekly for 50 payments

0% financing for up to 84 months **\$0** down payment^a

\$39 weekly payment includes \$2,000 Half Price Payments Credit. Payments based on 2015 Sorento LX AT (SR75BF) 84-month financing. After 50 weekly payments at \$39, weekly payments increase to \$79[‡]. Half Price Payments Credit may alternatively be taken as a one time lump sum payment[§].



Finance



WE'VE GOT YOU COVERED
5-year/100,000 km
worry-free comprehensive warranty.



Atlantic Kia dealers
for Atlantic drivers.



The Power to Surprise

Offer(s) available on select new 2015 models through participating dealers to qualified retail customers who take delivery from February 3rd to March 2nd, 2015. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. Other lease and financing options also available. *Kia's February lease program features short-term 36-month leases, lower payments than our January 2015 program on equivalent models and trims, and 20,000 km allowances versus the available 16,000 km option. See kia.ca for details. **Representative Leasing Example:** Lease offer available on approved credit (OAC), on new 2015 Rio LX MT (R0541F)/Forte LX MT (F0541F) with a selling price of \$14,095/\$15,995 is based on monthly payments of \$198/\$205, includes delivery and destination fees of \$1,485 and excludes \$79 PPSA and A/C tax (\$100, where applicable) for 36 months at 0% with a \$0 down payment/equivalent trade. \$0 security deposit and first monthly payment due at lease inception. Offer also includes a lease credit of \$500. Total lease obligation is \$7,134/\$7,366 with the option to purchase at the end of the term for \$7,946/\$9,614. Lease has 20,000 km/yr allowance (other packages available and \$0.12/km for excess kilometres). Other taxes, registration, insurance and licensing fees are excluded. \$395 lease disposition fee may be due at the time of lease return depending on the terms of the lease contract. Offer ends March 2nd, 2015. *Lease credit for 2015 Rio LX MT (R0541F)/2015 Forte LX MT (F0541F) is \$500 and available on lease offer only. Lease credit varies by model/trim and is deducted from the negotiated selling price before taxes. [†]Up to "Half Price Payments" for up to one year ("Offer") is only applicable on financing offers on 2015 Rio/Forte/Optima/Sorento/Rondo models. On approved credit, from a participating dealer between February 3rd and March 2nd, 2015. The Offer consists of a loan credit (up to "Half Price Payments Credit") that will range from \$500 to \$3,250 depending on model/trim. Customers can choose to take the full amount of the applicable Half Price Payments Credit as a one (1) time incentive that will be deducted from the negotiated price of the vehicle before taxes. Alternatively, customers can choose the up to "Half Price Payments" option and have their financing payments reduced (before taxes) by 50% until such time as the entire amount of the applicable Half Price Payments Credit has been exhausted. This may take between 10 weeks and 69 weeks depending on model/trim and the amount of the applicable Half Price Payments Credit. After the entire amount of the applicable Half Price Payments Credit has been exhausted, the customer will be required to pay the full amount of all regularly scheduled finance payments over the remaining term of the contract. Vehicle trade-in amounts and down payments are not calculated in the advertised up to "Half Price Payments". See dealer for complete details. **Representative financing example:** 0% financing offer for up to 84 months available to qualified retail customers on approved credit for the new 2015 Sorento LX AT (SR75BF) with a purchase price of \$26,995 financed at 0% for 84-month period with \$0 down payment equals 50 reduced weekly payments of \$39 followed by weekly payments of \$79. Cost includes delivery and destination fees of up to \$1,665 and excludes \$79 PPSA and A/C charge (\$100, where applicable). Includes \$2,000 up to "Half Price Payments" credit. Cost of borrowing is \$0 and total obligation is \$26,660. Up to "Half Price Payment" Incentive varies by model and trim level and may be taken as a lump sum or to reduce the financed amount. Other taxes, registration, insurance and licensing fees are excluded. Offer ends March 2nd, 2015. *Model shown Manufacturer Suggested Retail Price for 2015 Forte SX (F0748F)/2015 Rio4 SX with Navigation (R0749F)/2015 Sorento SX V6 AWD (SR75XF) is \$26,695/\$22,395/\$42,095. *Highway/city fuel consumption is based on the 2015 Rio LX-ECO AT/2015 Forte 1.8L MPI 4-cyl MT/2015 Sorento LX 2.4L GDI 4-cyl AT. These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the *EnerGuide Fuel Consumption Guide*. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.